



# Stones Throw Farm

## CSA Newsletter

Season 9 - Week 2

June 20th and June 23rd

[www.stonesthrowfarm.biz](http://www.stonesthrowfarm.biz)

### This Week's Share:

- Head Lettuce
- Red Russian Kale or Swiss Chard
- Sugar Snap Peas
- Easter Egg Radishes
- Fresh Green Shallots
- Garlic Scapes
- Mint
- Pea Tendrils
- U-Pick Tea Herbs, Sage Blossoms, Radishes

### Weekly News:

Welcome to Week Two. We have a nice early summer share this week. The Sugar Snap Pea harvest is coming in nicely and radishes, shallots and greens are all looking excellent. The herb of the week – mint – is one of my favorites for this time of year. Though excellent therein mint shouldn't just be relegated to cocktails, mocktails, toothpaste, and gum. Mint is a great cooking herb with lots of excellent applications. This time of year I love mint because it is very complimentary to peas and radishes. Peas and radishes are both delicious lightly steamed/sautéed and tossed quickly with butter and mint. For those that may not appreciate the “zing” of a radish preparing them this way is simple, delicious and turns the radish-y “zing” into an earthy sweetness. 'Tis the season of garlic scapes and we've included some info and recipes below.

After a stretch of rather damp weather we were thankful for a couple of dry days to end the week. By and large crops are looking great and we were able to use these few dry days to keep pace on a bunch of cultivation and weeding while beginning to prep ground in earnest for planting fall crops in the coming days and weeks.

Just a few quick notes;

- 1) A reminder that we are now able to accept credit cards for additional sales items on pick-up days.
- 2) If you have not received emails from us regarding newsletters, etc. please check your SPAM folder and also let us know so we can double check our contact list.
- 3) If you need to switch pick-up days for a particular week please try to give us a few days notice this helps us plan for harvest.

Thanks!

Have a great week!

Brian, Megan, Reed and Willa Luton

## Product Profile:

This weeks featured product is the feta cheese that we offer from Lively Run Goat Dairy in Interlaken. Lively Run is one of longest operating goat dairy's in the country and was founded in 1982. The farm is family owned and operated and produces a wide array of cheeses. We choose to offer their feta because of its incredible quality and outstanding versatility. Many folks are averse to goat cheese based on the belief that they are "goatey" and strong flavored. Although this can be the case in some instances - depending on the source and style of goat dairy products - it is certainly not always the case and certainly isn't the case with this feta (or their chevre for that matter). Lively Runs feta is one of our favorite cheeses and has a place in our fridge and on our table all year long. The feta is firm and crumbly yet moist. It is deliciously rich and has a nice tang and brine-y character that makes it great in all sorts of settings from Greek salads to pasta dishes, etc. Megan made an excellent brown rice and pea tendril salad last week that incorporated feta. It couldn't have been easier or more delicious. Simply prepare rice. While the rice is hot toss with rough chopped pea tendrils and fresh mint, you can eat it warm or allow it to cool, sprinkle with crumbled feta and squeeze a bit of fresh lemon over the top. Good. Simple. Seasonal.

For more info on Lively Run check out their website. Its very well done and really informative...[www.livelyrun.com](http://www.livelyrun.com)

## In the Kitchen:

Just about everyone knows about garlic, but there are so many parts of the garlic plant that can be used before those bulbs are ready to come out of the ground. Early in the season the garlic greens can be harvested. These are the leaves of the garlic plant. Later the garlic scapes can be harvested. These are the stems that shoot up to produce a flower. Then, finally, we harvest the garlic bulb that grows below ground.

The first time I tried to use garlic scapes in a recipe I completely overdid it. I chopped way too many into a salad and was completely overwhelmed by the flavor. Over time I grew to love using garlic greens and scapes in various recipes. Garlic greens and scapes are milder than the garlic bulb but still provide some wonderful garlicky flavor early in the season before garlic is ready!

To store garlic greens and scapes, wrap in a plastic bag or a paper towel and store in the crisper drawer of the refrigerator. You can prepare garlic greens or scapes by washing them, chopping them finely, and adding them to recipes that call for garlic: they can be added to salads raw or sautéed and added to stir fry, soups, or stews. If you are looking for some other ideas, here are some recipes for using up those scapes and greens:

Roasted Garlic Scapes with Parmesan Cheese (adapted from The Elliott Homestead)

- Fresh garlic scapes, washed
- 3 tablespoons extra virgin olive oil
- 1/2 cup Parmesan cheese, freshly grated (Asiago is a great substitute)
- Sea salt and pepper, to taste

Preheat the oven to 375. Line a baking sheet with parchment paper and lay the garlic scapes across. Drizzle with olive oil. Sprinkle the parmesan over the garlic scapes. Sprinkle with a bit of salt and pepper. Parmesan tends to be a salty cheese, so don't overdo it at first. Roast in the preheated oven for 20-30 minutes. The goal is to prepare a slightly softened and roasted scape – nothing mushy or overcooked.

Garlic Scape Pesto (adapted from The Creekside Cook)

- 1/2 cup chopped garlic scapes
- 1/2 cup grated parmesan cheese
- 1/3 cup lightly toasted pine nuts
- 1/2 cup fresh basil, packed tightly - then roughly chopped
- juice of 1/2 lemon (1 1/2 Tbsp)
- kosher salt & fresh ground pepper to taste
- 1/3 cup extra virgin olive oil

Add everything but the oil to the bowl of a food processor. Process until the mixture is almost a paste. With processor still running drizzle in oil. Process for a few more seconds. Leave at room temperature for an hour to develop flavors. Store in refrigerator with plastic wrap pressed to the surface of the mixture.

